



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

OCT/NOV 2016

For the Active Adult 55 and Better

Welcome to the REC Active Adults 55 and Better

Fall means football, cooler weather, fires in the fireplace and sweaters! It is also a good time to think about "fall" prevention which you can do by enrolling in A Matter of Balance, a class designed to help older adults reduce their fear of falling. Health and Wellness are popular buzz words these days and we like to contribute to their popularity by offering a variety of educational, physical and social activities designed for the Active Adult 55 and Better. If you have any questions about the classes and field trips we offer, please feel free to ask someone on the Active Adult staff.

From 8-11 am Monday through Friday, the Senior Pass allows you to use the walking track, fitness room and pool area not occupied with classes. The bulk of our Active Adult programming takes place between 8 am and 4 pm Monday through Friday. Because of the demand, we remind everyone to sign up on the first of each month for the next month's classes. This can be done at the Active Adult desk. Priority in all classes and programs is given to Grapevine residents. Lunches provided by Senior Citizen Services of Greater Tarrant County, Inc. (SCS) are served in Events Hall A Monday through Friday at noon. Reservations must be made before noon the day prior to your visit. To participate in the program, SCS paperwork must be completed. If you are 60 years or older, the cost is by donation; if you are 55-59 years old, there is a \$6 charge.

State Fair of Texas

The State Fair of Texas is a tradition that is 130 years old this year! If you enjoy agriculture, food, shopping, rides and live music, you will want to join us on one of our 3 Thursday trips: October 6, 13 and 20. Free entry to seniors 60+ years is offered on Thursdays. Due to the popularity of these trips, priority is given to Grapevine residents. A charge of \$3 per person may be made when you sign up at the Active Adult desk. The bus leaves at 9:30 am and returns by 4 pm.

Medicare Open Enrollment

Open Enrollment takes place October 15 – December 7. The Area Agency on Aging will be here on Tuesday, October 18 from 10 am–12 pm to assist anyone who needs help enrolling in Medicare plans.

Young@Heart Gardeners

On Monday, October 24, you will create an art piece from leaf and plant printing that is suitable for framing. On Monday, November 28, you will create your own fresh floral arrangement in your favorite vase brought from home. Classes take place at the Botanical Gardens Bessie Mitchell House. There is a \$5 charge per class. Registration may be made at The REC.

Empowering Seniors Expo

Save the date – October 7 – for the 8th Annual Empowering Seniors Health & Lifestyle EXPO for Caregivers, Boomers and Seniors. This free event includes food, professional health screenings from area hospitals, informational workshops, local businesses, agencies and non-profit organizations, "Ask the Doctors" panel, and bingo! Bus leaves at 9:30 am and returns by 2:30 pm. Sign up at the Active Adult desk. You may also drive yourself to First Euless Campus West at 205 N. Industrial Blvd. in Bedford; call 817.581.3600 to register if you are not going with the group on the bus. For more information visit www.EmpoweringSeniors.com.

A Matter of Balance

A Matter of Balance is an award winning program consisting of 8 two-hour classes designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Paulette Golden from Baylor Scott & White will be conducting these classes at The REC on Mondays and Wednesdays, October 3-26, 9:30-11:30 am. Enrollment is limited to develop a comfortable sharing environment among the participants. Sign up at the Active Adult desk at The REC.

What is Home Health and Hospice?

Sofia Glynn from Cuidado Casero Home Health and Hospice will be here on Tuesday, October 4 at 11:00 am to explain the differences between personal care services, home health services and hospice services. Who is eligible for these services? Who pays for them? Get your questions answered at this informative presentation. Refreshments will be served.

Ping Pong Tournament

Do you have extremely fast reflexes and love ping pong? Come show off your skills at our second annual Active Adults 55+ ping pong tournament on Friday, October 21. Play will begin at 10:00 am sharp. The tournament will be single elimination and entries are limited. Please register at the Active Adult front desk. Not played in a while? You can come shake off the dust and start practicing right away on the ping pong table available in The REC game room. We are excited to see how many ping pong experts we have and who will be declared champion of our REC Active Adults Ping Pong Invitational!

Home Meds - A Medication Management Program

On the first Thursday of every month, Meals on Wheels will be here from 10-11:30 am to help you identify any serious drug reactions from too many medications. If you want to know if all the medications and dietary supplements you take are working well together, they can help. Call us at 817.410.3465 for more information and to make an appointment.

Highlights for October

- 3 Matter of Balance begins
- 4 Sr Citizens Advisory Board
- 6, 13, 20 State Fair Trips
- 7 Empowering Seniors Expo
- 11 SSA Panel Discussion
- 14 Mid-Cities Greek Festival

Highlights for November

- 3 FOPS Trip
- 8 Remember To Vote!
- 10 Go Go Girls Trip
- 15 SSA Panel Discussion
- 24 Thanksgiving – REC is closed
- 28 Young@Heart Gardeners
- 29 Megan's Lunch Bunch

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Water Aerobics 9:30 Music Jam 9:30 Matter of Balance 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1-4:00 Mah Jongg	4 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Bank and Post Office 10:00 Thrifty Tuesday 10:00 Oil painting Bridge 10:30 Blood Pressure Check 11 Home Health & Hospice 11:00 Seniors With Pizazz 1:00 Yoga Lite 1:00 Bingo 3:30 Sr Citizens Advisory Bd	5 8:00 Water Aerobics 9:30 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	6 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:00 Home Meds 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Strength Training	7 9:30 Empowering Seniors 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
10 8:00 Water Aerobics 9:30 Music Jam 9:30 Matter of Balance 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1-4:00 Mah Jongg	11 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 SSA Panel 11:00 Seniors with Pizazz 11:30 Advisory Council 12:30 Participant Meeting 1:00 Yoga Lite 1:00 Bingo	12 8:00 Water Aerobics 9:30 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	13 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Strength Training	14 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 10:45 Greek Food Festival 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
17 8:00 Water Aerobics 9:30 Music Jam 9:30 Matter of Balance 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1-4:00 Mah Jongg	18 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil painting 10:00 Bridge 10:00 Medicare Enrollment 10:30 Blood Pressure Check 11:00 Seniors with Pizazz 1:00 Yoga Lite 1:00 Bingo	19 8:00 Water Aerobics 9:30 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	20 8:00 Water Aerobics 9:30 State Fair Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Strength Training	21 9:45 Chair Exercise 10:00 Ceramics 10:00 Ping Pong Tournament 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
Early Voting Begins 24 8:00 Water Aerobics 9:30 Music Jam 9:30 Matter of Balance 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1-4:00 Mah Jongg	25 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors with Pizazz 1:00 Yoga Lite 1:00 Bingo	26 8:00 Water Aerobics 9:30 Matter of Balance 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	27 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Strength Training	28 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing 1:00 Yummy in My Tummy
31 8:00 Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Strength Training 1-4:00 Mah Jongg	<div> <div> SilverSneakers and Silver&Fit Memberships Available Come visit the Active Adult desk to check your eligibility today! </div> <div>   </div> </div>			

Notes:

October 04	Home Health & Hospice Presentation by Cuidado Casero Home Health & Hospice
October 07	Empowering Seniors Health & Lifestyle Expo Bus leaves at 9:30 & Returns by 2:30
October 11	Senior Services Alliance Panel Discussion
October 14	Greek Festival by St. John the Baptist Greek Orthodox Church Bus leaves by 10:45 & returns by 1:30
October 18	Medicare Open Enrollment Assistance available from Area Agency on Aging
October 28	Yummy in My Tummy presented by Debbie Gill with Keller Williams Realty

NOVEMBER 2016

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	1 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Thrifty Tuesday 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 11:00 Yoga Lite 1:00 Bingo	2 8:00 Water Aerobics 9:30 Matter of Balance 9:45 Grapevine Shopping 9:45 Chair Exercise 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	3 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:00 Home Meds 10:00 FOPS Trip 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time	4 9:45 Chair Exercise 10:00 Bank and Post Office 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
7 8:00 Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Power Time 1-4:00 Mah Jongg	ELECTION DAY! 8 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 11:30 Advisory Council 12:30 Participant Meeting 1:00 Yoga Lite 1:00 Bingo	9 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	10 8:00 Water Aerobics 9:30 Go Go Girls Trip 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time	VETERANS DAY! 11 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
14 8:00 Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Power Time 1-4:00 Mah Jongg	15 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 11:00 SSA Panel 1:00 Yoga Lite 1:00 Bingo	16 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	17 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Class 10:00 Chorus 10:30 Cycling with Megan 11:00 Seniors With Pizazz 1:00 Power Time	18 9:45 Chair Exercise 10:00 Ceramics 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
21 8:00 NO Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Power Time 1-4:00 Mah Jongg	22 8:00 NO Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 12:45 Grocery Shopping 1:00 Yoga Lite 1:00 Bingo	23 8:00 NO Water Aerobics 9:45 Chair Exercise 10:00 NO Vine Quilters Class 10:30 NO Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:30 Hand & Foot	24 Happy Thanksgiving!	25 9:45 Chair Exercise 10:00 Ceramics 10:30 NO Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 1:00 Line Dancing
28 8:00 Water Aerobics 9:30 Music Jam 10:00 Card Making 11:00 55 Fit 1:00 Power Time 1-4:00 Mah Jongg	29 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 11:00 Seniors With Pizazz 11:00 Megan's Lunch Bunch 1:00 Yoga Lite 1:00 Bingo	30 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 10:30 Beginner Tai Chi 11:00 55 Fit 12:00 Movin' Groovin' Seniors 12:45 Grocery Shopping 1:30 Hand & Foot	<p>Thank you to Woodridge Health and Rehabilitation at Grapevine for the Birthday Cake! And another big thank you to Kindred at Grapevine for the weekly Blood Pressure Checks!</p> <div>   </div>	

Notes:

November 03 Fraternal Order of Plaid Shirts Museum of the American Railroad | Cost: \$8 + lunch at Babe's
 November 08 Election Day!
 November 11 Happy Veterans Day!
 November 10 Go Go Girls Trip Nebraska Furniture and Lunch at Cheddar's
 November 24 Have a wonderful Thanksgiving | The REC will be closed
 November 29 Megan's Lunch Bunch - Red Lobster



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1175 Municipal Way
Grapevine, TX 76051

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GRAPEVINE, TX
PERMIT NO. 140

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HELPFUL PHONE NUMBERS:

2-1-1

First Call for Help, United Way
Information and Referral Line

817.336.8714

Northeast Transportation
Service (NETS)

817.410.3465

Grapevine SeniorMovers

Mid-Cities Greek Festival

We have been invited to attend the 25th Annual Mid-Cities Greek Foodfest at St. John the Baptist Greek Orthodox Church on Friday, October 14. Check at the Active Adult desk to see their flyer and menu. The bus leaves at 10:45 am and returns by 1:30 pm. Sign up today; seating is limited.

Megan's Lunch Bunch

Join us on Tuesday, November 29 for a trip to Red Lobster. When you sign up with Megan, you will select an entrée of your choice and make your payment that includes tax and tip. This fun field trip fills up quickly, so don't delay! Signups begin Tuesday, November 1.

Go Go Girls Trip

Don't be the last one to visit Nebraska Furniture! The ladies are going to see this mega-store in person on Thursday, November 10. After browsing, we will have lunch at Cheddar's. Bus leaves at 9:30 am and returns by 2:30 pm. Sign up at the front desk.

October and November Trip Registrations

Grapevine residents may sign up in person beginning October 4 for trips. Non-residents may sign up beginning October 11. Please check at the Active Adult desk periodically for additional spontaneous trips that may be added after the newsletter has gone to print.

Fraternal Order of Plaid Shirts

The Museum of the American Railroad in Frisco not only has a priceless collection of trains, but focuses on the railroad's influence on the growth of our nation. Come and view this amazing collection of artifacts and learn more about this fascinating mode of transportation on Thursday, November 3. The museum charge is \$8/person. Afterwards, we will lunch at Babe's. This is an outdoor trip and involves some walking and stair climbing. In case of inclement weather, the trip will be rescheduled.

Chair Massage - NEW

Chair Massage with Austin McCabe on Mondays 9-11 am. \$5 for 5 minutes or \$10 for 10 minutes. Sign up at Austin's chair.

A+ Aging: Successful Aging Tip of the Month: Look on the Bright Side!

"Develop a positive attitude! Ask people if they think a positive mental outlook is important and most of them will say yes. And they would be right. A recent study has found that those who see aging as an opportunity are more active, social and successful than those who do not." -Shelley Emling

Please note that some exercise classes have changed effective October 1.